



## **NANTWICH RUNNING CLUB**

### **Members Guide 2023/24**

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#### **1. Welcome**

Welcome to Nantwich Running Club. We believe we are the friendliest and most inclusive running club you'll find in the Mid & South Cheshire area! We welcome all adults who are interested in running, irrespective of gender or age.

The club was formed in February 2021, and we hosted our first group training sessions on 29<sup>th</sup> March. We meet at Malbank High School in the main car park off Water Lode, Nantwich where we have access to free well-lit parking and toilets.

In November 2022 we were recognised by England Athletics as the Northwest Region Club Of The Year.

In January 2023 we went one step further and were recognised by England Athletics as the National Club Of The Year. This was in recognition of the inclusive nature of the club and the way in which our membership has grown since setup.

Before joining you will also be asked to register by completing an online membership form at [www.nantwichrunningclub.co.uk/membership](http://www.nantwichrunningclub.co.uk/membership) which includes basic information about your health. This is to ensure that the run leader is aware of any condition that is relevant to your safety.

It may be sensible and precautionary to chat with your GP prior to running, particularly if you are new to running, need to build up your fitness or you are returning from an injury/illness.

It is important that you gradually build up your fitness by joining one of our easy pace groups who often run for a shorter duration. As your fitness improves you can run with groups whose pace is a little quicker or who run for longer.

We currently have over 400 members. Of these, about 60% are Female and 40% are Male.

The age of our members ranges from 16 years to over 75 years and our runners' abilities vary from beginners to those who compete to national standards.

Our interests range from members who turn up for a chatty social run, to meet friends and enjoy the feeling of running, through to those who are serious about competition and racing across a range of disciplines and distances.

Whatever your preference, we value the diversity that every member can bring. We have qualified coaches and group run leaders who are DBS checked. We can give you advice on all aspects of running, from fitness, technique/form, selection of training shoes/kit, nutrition, training schedules or simply seeking out advice on nice routes to try out.

We participate, help to organise, and marshal local running events at all distances including the Nantwich 10k Road Race.

In addition, we participate in events such as park runs, relay races and the North Staffs Road Runners Association (NSRRA) and North Staffs Cross Country Leagues (NSCCL).

Once basic personal information is provided, we encourage runners to come along for two free "Taster Sessions." After that we hope you are sufficiently impressed to want to join the club and benefit from all that belonging to a running club has to offer.

This Members Guide gives you basic information about the club, but feel free to ask any club Committee member who will be more than happy to help.

## **2. Group Training Sessions**

Since the club was formed, we have used a communications and session booking app called "Spond." The app is available for members to download at:

<https://group.spond.com/TWKUT>

Once approved, you will be allocated to a specific "pace group" after which you can book on a group training session, post information, and communicate with other members. As your fitness improves and your running develops you might want to move to a different group, or possibly participate in two groups on different training days. The choice is yours.

We train each Monday and Wednesday evening at 6.30PM for up to 60 mins and we meet in the main car park at Malbank High School off Water Lode.

We currently have twelve pace groups (from 7.30 mins/mile to 14+ mins/mile). Each pace group consists of around ten runners and is led by a trained/qualified run leader.

Places on group training sessions are limited and MUST be pre-booked (via Spond) before the cut-off deadline of 12.00 noon on the day of the session.

You can be allocated to two pace groups,' but you must only book on one pace group each training session otherwise places are blocked for other members.

When a pace group becomes fully booked, you will be placed on a Waiting List and automatically offered a place if /when one becomes available.

### 3. General Information

Nantwich Running Club is affiliated to England Athletics (EA). Upon joining us, you will be automatically enrolled with EA (unless you are already enrolled via another club). As an EA registered athlete, you will benefit from public liability insurance cover as well as receiving a £2 discount on qualifying races you enter.

On joining NRC all members can:

**Participate in club training runs.** These runs are led by trained/qualified run leaders and include a variety of distances and paces to suit all abilities and aspirations.

In the summer, our runs make the best use of the rural areas around Acton, Ravensmoor, Burland, Hurleston and the local canal towpaths.

Longer runs at the weekend tend to include more rural areas such as Delamere Forest, The Roaches and the Bickerton Hills. These runs are often arranged informally via groups of friends using Spond, Facebook or WhatsApp.

Our winter running sessions are on tarmac footpaths around the town.

**Receive a range of training & running advice.** Our members have a wealth of experience of all aspects of running road, cross country and trail running over a range of distances. Our members participate in events from 5k up to ultra-distance races, including fell and 24-hour races. Our members also participate in triathlons, Duathlons, and Iron Man events.

**Participating in club organised activities.** We enter teams in the North Staffs XC league where you can represent the club (provided you wear your Nantwich Running Club Race top). These races include the events at locations such as Winsford, Stafford Common, Park Hall near Trentham and Betley, but the locations may change each year.

We organise an annual club Championship for members who participate in road races over the season. Prizes are awarded to the top three males and females in each division. Further details about the club Championship can be found later in this guide (Section 9) and on Spond.

We hold a track session once a month (usually on a Wednesday evening) at the Cumberland Arena (Crewe) where you can participate in structured speed sessions to hone your running pace and develop your performance.

We arrange social events through the year. These include a Quiz Night, a Christmas Party, the annual Awards Evening, annual Halloween Spooktacular Fancy Dress Run, a Festive Lights Run and a Christmas Mince Pie Run.

In the summer hold the Angela Twiss Timeless 5k &10k Run. This is a Sunday social run held in memory of the dear wife of one of our founding members. The run requires you to leave

your watch or timing device at home and estimate how long it will take to complete the 5k or 10k distance. The closest to finish to their estimated time wins a glittering trophy!

#### **4. Membership Categories**

Currently, our annual "First Claim" full membership fee is £28 (for adults over 16 years) which is inclusive of the mandatory £17 England Athletics (EA) athlete registration fee.

Our affiliation year runs from April 1<sup>st</sup> each year to March 31<sup>st</sup> the following year and requires renewal each April regardless of joining date. New members (if new to EA) who join between January 1<sup>st</sup> and 31<sup>st</sup> March will not have to renew until April the following year.

We also welcome members of other EA affiliated clubs as "Second Claim" members. The annual membership for this category is currently £18.00. Details about membership can be found on our website: <https://nantwichrunningclub.co.uk/membership>

Each year the club receives a designated number of place/s for the London Marathon. Subject to some basic rules, a (Full) member with an official rejection letter can be entered into the club's London Marathon ballot where names are drawn from a hat. This gives full members a further opportunity to enter this prestigious event.

#### **5. Merchandise & Club Kit**

##### **Official Race Kit**

Kukri Sports GB supply our Club race tops (Vests and T Shirts). Our official race colours (as approved by England Athletics) are Fluro Green and Kukri Cyan. We only place orders for race kit with Kukri when there is a minimum order of ten items of a particular garment. You may therefore find you need to wait until delivery of your order is fulfilled.

Only our recognised club race vests and T-shirts can be worn when participating in recognised races/events to ensure that members are eligible for team prizes. You may be disqualified from a race event and the performance of the club in other events may not count if race kit (vest or T-shirt) is not worn.

There is no obligation to purchase club kit or to run in club colours unless you are competing in a recognised race event.

##### **Training Kit**

Training tops (Vests and T-shirts) and other club garments are supplied by a local company, Cheshire Leisurewear, and may be worn when attending any club/group training sessions or when undertaking personal training. We want the residents of Nantwich to know who we are!

In addition to the above, there is a variety of other training merchandise available including training hoodies and jackets. All club merchandise is available via our on-line club shop:

<https://nantwichrunningclub.co.uk/shop/>

## 6. Management and Communications

The day-to-day organisation and management of the Club is undertaken by a group of elected Committee Members. We have Elected Officers who cover the following responsibilities:

- Chair & Head Coach           Mike Stevens
- Club Secretary                 Emma George
- Club Treasurer                 Jane Murphy
- Membership Secretary       Kerry Powell
- Training Coordinator         Jackie Crumpton
- Merchandise & Kit Manager   Steve Epps
- Events Manager                Diane Mason
- DBS/Welfare Officer (Men)   Matt Crumpton

Like many sports clubs, we are run entirely by volunteers. The more volunteers from all ages, identities, and backgrounds we have, the better the club will be run and the less the workload will be for those involved.

We need members to help with a variety of activities including coaching, committee membership, and social/event organisers, run leaders at club training sessions and volunteers at our annual 10k road race. Take a little time to get to know the club and what it represents and then please step forward and help make a difference.

We try to keep members up to date with what is happening both inside and outside the club. The club has its own website at: <https://www.nantwichrunningclub.co.uk> Please take a quick look.

The website has a lot of information relating to the club. There are important documents for you to read about our Constitution, Club Rules/Policies and race results, Club Championship, club kit and current information. We also have a closed Facebook group which we use to post photos of club events and for general communications.

The club holds a committee meeting each quarter and the Annual General Meeting (AGM) is held around March/April. The minutes of these meetings are available upon request and can be supplied in easy read formats if requested.

## 7. Running in Sub/Pace Groups

Running in a group with others is quite a unique experience to running alone. It is an opportunity to socialise and to pass the time with running colleagues.

However, this can create more distractions and occasionally it is a little more difficult to sight your foot landing (due to others being close by), particularly on dark nights. So, more care needs to be taken when running in a group and it is important that all members of the group look out for their own safety and that of others.

We currently have twelve training pace groups to cover all abilities from members who are new to running through race/event winning athletes. We arrange sessions in designated pace groups to run at different paces so that no one gets left behind.

It is possible that as you become more experienced (and fitter) as a runner you may want to move to a different pace group. That's not a problem. Simply let your run leader know and we

will make the necessary arrangements for you to receive invitations to run in a different group. It is also possible that you occasionally want to run at an easier pace or if you have a niggle or you're returning from an injury. Just let us know.

Equally, if you like the group/s you're in and want to stay there (because you've made some great friends) that's OK.

Irrespective of the pace group you're in you must always follow the instructions of your run leader and support your fellow runners by advising them of any obstructions (oncoming pedestrians, cyclists, refuse bins, parked cars, lamposts etc) on the footpath or approaching junctions and traffic hazards. Your safety is our key priority.

## **8. Club Rules**

The club is organised on a day-to-day basis by the Committee which is elected each year by its members. They are bound by a constitution which outlines the actions that the Committee can take. This Constitution is published on the website and can only be changed at the Annual General Meeting. It covers our general activities at an organisation level.

Running is meant to be a pleasant experience and members are responsible for their own actions, so we do have basic club rules to guide our activities and keep you safe. Please ensure you familiarise yourself with the content of these important documents:

<https://www.nantwichrunningclub.co.uk/policies/>

### **Our basic rules are;**

1. It is the responsibility of each runner to ensure their own safety.
2. You must wear club race kit (Vest or T-Shirt) when entering races or when representing the club in an official race/event.
3. You must follow some basic rules when using social media hosted by the club.
4. Personal respect must be always demonstrated by all members towards their fellow members.
5. We do not allow listening to music on training runs or races.
6. For winter running a high visibility or reflective top (with a light) is strongly recommended.
7. Carrying a water bottle is recommended for the summer, particularly if you are prone to dehydration.
8. If you have been prescribed an inhaler, please carry it on all runs.
9. Make sure the session/run leader is aware of any medical condition that is relevant to your safety during the run.
10. Ensure that you run within your current ability.
11. If you're unsure, or it is your first run or you're returning from illness/injury, please run at a pace slower than your normal pace. If you're new to the club, please talk to the session/run leader.
12. During most sessions it will be necessary to cross roads. Routes have been designed to have safe and obvious crossing points. Be particularly vigilant when crossing any road, use pedestrian crossings and wait for crossing signals.
13. If you need to deviate from the designated route or want to leave the group training session early, please inform the backmarker and/or the run leader.

If you're doing any training runs on your own, here are a few more things that you can do to improve your safety:

1. Always carry a mobile phone.
2. Tell somebody the route you'll be running and how long you expect to be gone.
3. Make sure that you know the route.
4. Stick to well-lit routes particularly on dark nights.
5. Stick to a distance that you are sure you can manage.
6. Get advice on your training programme from other more experienced members of the club.

Details about our club policies can be found at:

<https://www.nantwichrunningclub.co.uk/policies/>

## 9. Club Championship & Races

The Club Road Race Championship is held each year for Male and Female "First Claim" members. Depending upon interest there will be up to three divisions for both Male and Female members.

In the Championship there are up to sixteen races/events to complete (including four park runs), with the best eight races/events counting towards the final championship result.

The first three Male & Female members in each competition will be awarded a prize at the annual presentation evening.

As well as the overall winners we award prizes for age grading based on the best results for Male and Females aged under 40, 50, 60, 70 and 80 (only one prize per person of course).

The race result of each member in the Championship is assessed against the World Masters Athletics (WMA) performance using age, sex, distance, and finish time via the age grade calculator provided by WMA: <http://www.howardgrubb.co.uk/athletics/wmalookup15.html>

Further details about the Club Championship can be found on Spond.

## 10. Other Information

If you have any further questions or wish to make an enquiry, please speak to any of the Committee members or email the club at: [nantwichrunningclub@gmail.com](mailto:nantwichrunningclub@gmail.com).

It might take a couple of days to get the right person to respond but you will always receive a reply.

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